

Preparing for Your Colonoscopy Using the Fleet Phospho-soda Laxative

On the Day Before Your Colonoscopy

Starting when you wake up in the morning, drink only a clear liquid diet for breakfast, lunch, and dinner. Clear liquids include water, coffee, tea, clear fruit juices (apple, cranberry, grapefruit), chicken or beef bouillon, plain Jell-O (no red), Popsicles, and clear pop.

It is very important that you drink several servings of clear liquids throughout the day and evening so you do not get dehydrated.

Laxative Instructions

1. At 12:00 noon, add 3 tablespoons (1 ½ ounces) of the Fleet Phospho-soda laxative to 1 glass (8 ounces) of water and drink it. Then drink 3 full glasses (8 ounces each) of water or fruit juice over the next half hour.
2. Continue to drink clear liquids. You should drink a serving of a clear liquid about every two hours.
3. At 8:00 p.m., add 3 tablespoons (1 ½ ounces) of the Fleet Phospho-soda to 1 glass of water (8 ounces) and drink it. Follow this with 3 full glasses (8 ounces each) of water or clear fruit juice.

Bowel movements should begin in a ½ hour to 6 hours after you start taking the laxative.

The Day of the Colonoscopy

Take any heart or blood pressure medications with water in the morning.

If you have a morning appointment, do not eat or drink anything until after your colonoscopy.

If your appointment is in the afternoon, stay on the clear liquid diet until 12:00 noon. Then stop all liquids until after your colonoscopy.

If you have diabetes: Check your blood sugar when you wake up. If it's low, treat it with clear juice, regular pop, or oral glucose pills. If you have a morning appointment, do not take your diabetes pills or insulin until after your colonoscopy. If your appointment is in the afternoon, take your morning diabetic medications as scheduled. Stay on a clear liquid diet until 12:00 noon. Then stop all liquids until after your colonoscopy.

GI Clinic Contact

Call the GI Procedure Clinic at (612) 467-3537 between 7:30 a.m. and 3:30 p.m. if you need to change your appointment or if you have any questions.

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